

SAINTS GLOBAL

ACTIVITY PLAN

ARCHERY

INTELLECTUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The supervised scored session

A scored end-by-end target session run under a range officer's discipline — the four whistle commands carried, the eight form steps narrated, every arrow inspected before nocking. Saints shoot at a distance appropriate to skill, not adult standards, and the leader watches for safety and form before recording any score. The scored session is where Step 3 is earned.

APPROVED ARCHERY RANGE WITH QUALIFIED SUPERVISION, INDOOR OR OUTDOOR

SESSION 1 · INTELLECTUAL CORE

⌚ 60 min target

Range safety and the law

Whistle obedience and rule-following come before the first arrow.

SESSION AIM

Run Step 1 end to end — what a projectile is and why archery only happens at approved ranges, the four whistle commands and the arrow-retrieval cadence, and the state and local laws for owning and carrying archery equipment. Saints leave with Step 1 marked on the BRC and the range commands memorized before they touch a bow.

🎯 WALK AWAY WITH

- Can explain why archery equipment is handled only at approved ranges and under supervision
- Can call the four whistle commands and walk the retrieval cadence without prompting
- Can summarize the local age, transport, and location laws for archery in his state
- Has memorized the four range commands before Session 2

📦 BRING / SET UP

- A real arrow (no bow) for the weight-and-point demonstration
- A whistle for the range-command drill
- The state's official archery regulation page printed or on a laptop
- Range-Commands-and-Retrieval cards (one per saint)
- Painter's tape or chalk to mark a waiting line, shooting line, and target line on the floor
- BRC printouts and pens

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Why archery has rules**

⌚ 5 min

Hold up a real arrow. Pass it around. Ask the group: "What could this do at full draw, and what could it do if a saint behind the line stepped forward at the wrong moment?" Take two or three answers without correcting. The point is to put archery on the table as a sport that has rules because the consequences of breaking them are not abstract.

SESSION 1 · RANGE SAFETY AND THE LAW (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **What a projectile asks of you**

⌚ 16 min

1. With the arrow in hand, name what makes it a projectile — mass, point, energy stored in the bow and released into the shaft. An arrow loosed at full draw travels far enough and fast enough to hurt someone in the next yard over, not just downrange.
2. Each youth names three places archery would be unsafe and one sentence of why: a backyard with neighbors, a parking lot, a back hallway, anywhere bystanders cannot be seen. Plain answers, not creative ones.
3. Walk the difference between supervised use and casual use. At an approved range, the line, the call, and the officer manage everyone's behavior at once. In a backyard, none of that exists, and the saint becomes responsible for every bystander whether he can see them or not.
4. Each youth states the rule aloud in his own words: archery happens only at approved ranges, under supervision, with the four commands obeyed.

REQ 1A

BLOCK 3 · SKILL PRACTICE **Walk the range, call the commands**

⌚ 22 min

1. Tape three parallel lines on the floor — waiting line at the back, shooting line in the middle, target line at the front. Have the group stand at the waiting line. This is the layout of every range they will use.
2. Hand each saint the Range-Commands-and-Retrieval card. Walk the four whistle commands one at a time, blowing the whistle for each: two blasts means archers to the shooting line, one blast means nock and shoot, three blasts means walk forward and retrieve, four or more blasts means cease fire immediately. Four blasts overrides every other call.
3. Drill the cadence. Leader blows the whistle in different orders; each youth moves to the correct position without speaking. Run it until every saint reacts to the call, not to what the saint next to him is doing.
4. Walk the retrieval cadence to a taped target line: bows stay at the shooting line, walk together, scan the ground for dropped arrows, stand to the side of the target — never directly behind a saint pulling — brace one hand on the target face, pull the arrow straight back along the shaft. Carry arrows point-down, fletching up.
5. Each youth calls one whistle command and the action it requires, then walks the retrieval cadence aloud from the shooting line to the target and back. Leader watches for the saint who is reciting from the card versus the saint who has memorized it.

REQ 1B

SESSION 1 · RANGE SAFETY AND THE LAW (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · DISCUSSION **Read the law in your state**

⌚ 12 min

1. Pull up the state's official archery and bow-hunting regulation page on a laptop or printed copy. The official source is the wildlife or natural resources department, not a hobbyist forum.
2. Walk the four items every saint must know: minimum age for owning or shooting, transport rules (cased, unstrung, in the trunk in most states), restricted locations (city limits, school grounds, parks), and what changes when crossing state lines.
3. Each youth, one line: a saint takes his bow to a friend's house three towns over — what does the law require him to do during the drive? Discuss until the rule is clear.
4. Knowing the law is part of carrying the equipment legally. A saint who breaks a transport rule risks a citation and can lose the right to carry the equipment at all.

REQ 1C

BLOCK 5 · REFLECTION **Close — Commands committed**

⌚ 5 min

1. Each youth recites the four whistle commands from memory before he leaves the room, no card in hand. The commands must be memorized before Session 3, when the group shoots.
2. Confirm on each saint's BRC: 1a, 1b, and 1c marked this session. Step 1 completes in-session.
3. Next week the group handles arrows and personal gear — bring an arrow if you own one, and any finger tab or arm guard you plan to use.

AT THE CLOSE · DEBRIEF

1. Which whistle command did you have to think hardest about, and why?
2. Name one place in your own town where archery would be unsafe and the one reason why.
3. What is one rule your state has that you did not know before tonight?

📝 Initial 1a, 1b, and 1c on each saint's BRC after this session — Step 1 completes in-session. Note any saint who has not memorized the four commands and check him at the top of Session 3.

SESSION 2 · INTELLECTUAL CORE

⌚ 60 min target

Arrows, gear, and the repair bench

Handle every piece of equipment before you trust it on the line.

SESSION AIM

Saints work through Step 2: identify the parts of an arrow and the different shaft and point types, build or repair an arrow on a fletching jig, and try on every piece of personal gear (tab, arm guard, glove, quiver) to feel where injury would occur without it. Saints leave with one arrow they built or repaired themselves and Step 2 marked on the BRC.

🎯 WALK AWAY WITH

- Can point to every part of an arrow and name the shaft and point types and when each is used
- Has built or repaired one arrow on a fletching jig and verified it is safe to shoot
- Can explain why a finger tab improves consistency, not just protection
- Knows how to store arrows and care for personal gear so it lasts a season

📦 BRING / SET UP

- Several real arrows of different shaft materials (wood, aluminum, carbon)
- Three point types to pass around (target, field, broadhead — broadhead capped or in a case)
- A fletching jig, glue, replacement nocks, replacement points, and a bare shaft per saint (or one per pair)
- Finger tabs, arm guards, gloves, and at least one quiver to fit and inspect
- A bent or cracked shaft to demonstrate what gets discarded
- BRC printouts and pens

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — One arrow in your hand

⌚ 5 min

Hand each youth a real arrow. No bow yet. Ask: "What can you tell about this arrow just by feeling it?" Take a few answers — the weight, the stiffness, the point type, whether the fletching is straight. The opener puts arrows on the table as objects that have to be inspected, not assumed.

SESSION 2 · ARROWS, GEAR, AND THE REPAIR BENCH (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Parts of an arrow**

🕒 14 min

1. With an arrow in hand, each youth points to and names the four parts: point, shaft, fletching, nock. Pass arrows around so every saint has handled at least three.
2. Compare shaft materials. Wood is traditional and cheap but breaks easily and warps with humidity. Aluminum is straight and forgiving. Carbon is light, fast, and stiff but can splinter on a bad release. Composite mixes carbon and aluminum for durability.
3. Pass the three point types. Target points are blunt-tipped for paper and foam targets. Field points are similar but designed for outdoor targets. Broadheads are bladed for hunting and stay in a case until they are on a hunting arrow.
4. Show the bent and the cracked shaft. Flex each in front of the group. A wood shaft with a hairline crack, a carbon shaft with a splintered ring, a bent aluminum — all of these get discarded, not shot.
5. Each youth pulls one arrow from the group's quiver and decides aloud whether it would be safe to shoot. Leader confirms the call.

REQ 2A

BLOCK 3 · CREATIVE **Build or repair an arrow**

🕒 22 min

1. Lay out the bench: fletching jig, glue, replacement nocks, replacement points, bare shafts. Explain the job of each tool before any saint picks one up.
2. Demonstrate the full sequence on one arrow: nock seated and aligned with the index vane, three fletchings glued at the correct angle in the jig, point fitted and glued, full setup left to cure briefly while the next arrow is staged.
3. Each youth builds or repairs one arrow. New saints build from a bare shaft. Saints with one already in hand repair a damaged one by replacing a missing fletching, reseating a nock, or refitting a loose point.
4. Inspect each finished arrow before declaring it shootable. Check fletching angle, nock alignment with the index vane, and point seating. A poorly built arrow is a safety risk, not just inaccurate — a loose point in flight or a stripped nock at full draw both fail at the worst moment.
5. Each youth labels his arrow with his initials. He will shoot the arrow he built at Session 3.

REQ 2B

SESSION 2 · ARROWS, GEAR, AND THE REPAIR BENCH (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Personal gear — what each piece does**

⌚ 14 min

1. Lay out the gear on the bench: finger tab, arm guard, glove, quiver. Each youth tries each piece on and demonstrates where injury would occur without it — the string slapping a bare forearm, blistered fingertips after twenty arrows, a careless quiver dumping arrows at the saint's feet.
2. Explain why a finger tab improves consistency, not just protection. A bare finger releases the string unevenly because skin grips at different points each shot. A tab gives the string a smooth, repeatable surface to slide off, so the release is the same on shot one and shot fifty.
3. Walk gear care. Leather tabs and arm guards condition with mild leather treatment a few times a year. Replace a tab when the leather thins through. Store the quiver upright with arrows pointing down, in a dry place — not in a hot car trunk.
4. Each youth states the function of one piece in his own words and one care item he will do this month. Match each saint to gear that fits him; ill-fitted gear gets used wrong and replaced fast.

REQ 2C

BLOCK 5 · REFLECTION **Close — Arrow in the quiver**

⌚ 5 min

1. Each youth puts his initialed arrow in the group quiver. Next week he shoots the arrow he built tonight.
2. Confirm on each saint's BRC: 2a, 2b, and 2c marked this session. Step 2 completes in-session.
3. Next week is the range session — Step 3 is earned at the line. Bring your tab, arm guard, and the arrow you built tonight. Memorize the four whistle commands if you have not already; the leader checks them at the door.

AT THE CLOSE · DEBRIEF

1. Which part of the arrow did you have to think hardest about while building or repairing?
2. Why does a finger tab make every shot more consistent, not just safer?
3. What is one piece of your personal gear you will adjust or replace before Session 3?

☑ *Initial 2a, 2b, and 2c on each saint's BRC after this session. Note any saint whose built arrow needed a second pass before it was safe to shoot; check him during stringing in Session 3.*

SESSION 3 · INTELLECTUAL CORE

⌚ 60 min target

Form, stringing, and the scored session

Practice the eight steps until the shot is the same every time.

SESSION AIM

The range session. Saints check the four whistle commands at the door, string their bows and set the nocking point, drill the eight steps of shooting until the form is consistent, and then shoot the supervised scored session that satisfies Step 3. The scored session is the featureEvent the four sessions converge on.

🎯 WALK AWAY WITH

- Can string a bow safely and locate the nocking point with a bow square
- Can shoot a group of arrows narrating each of the eight form steps
- Has completed a supervised scored session under range-officer discipline
- Knows which one form element is his next correction

📦 BRING / SET UP

- Approved range with backstop and qualified range officer
- One bow per saint (or one per pair), bowstring, and stringer
- Bow squares (one per pair) for locating the nocking point
- Each saint's built arrow from Session 2, plus enough additional arrows for full ends
- Targets at a distance appropriate to skill, not adult standards
- Scorecards, pens, and Shooting-Form-Steps cards (one per saint)
- Whistle and the range officer's standing call sheet

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Commands at the door**

⌚ 5 min

Before any bow is touched, go around the room. Each youth recites the four whistle commands from memory: two blasts, one blast, three blasts, four or more blasts, and the action required for each. Any saint who cannot recite them sits out the line until he can — he can shadow stringing and watch the first end before joining.

SESSION 3 · FORM, STRINGING, AND THE SCORED SESSION (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **String the bow, set the nocking point**

⌚ 14 min

1. Demonstrate the stringer method first. Limb tips into the stringer pockets, body weight on the stringer, both limbs flex evenly, string seated in both nock grooves. Never permit step-through stringing unless the bow type was taught for it — improper stringing is the most common cause of injury at the bench.
2. Each youth strings his own bow with a stringer. Leader watches finger placement, limb control, and string alignment. A saint who rushes the stringing gets stopped and reset, not corrected mid-flex.
3. Pull out the bow square. Demonstrate locating the nocking point: square sits on the string and arrow rest, the nocking point is set a small distance above square — the exact measurement depends on the bow, but the principle is repeatable, not estimated.
4. Each youth locates and marks his nocking point with a piece of dental floss or a marked nocking-point ring. Leader inspects every bow before any arrow is nocked.
5. Why this matters — a nocking point that drifts shot to shot makes consistency impossible. The arrow leaves at a slightly different angle every time. Set it once, mark it, and check it every session.

REQ 3B

SESSION 3 · FORM, STRINGING, AND THE SCORED SESSION (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE Run the eight steps of shooting

⌚ 18 min

1. Hand each saint the Shooting-Form-Steps card. Walk the eight steps verbally before the first arrow: stance, nock, set, pre-draw, draw, anchor, aim, release. Add the follow-through as step nine — hold the position until the arrow hits the target, do not look away early.
2. Each youth, one end of three arrows, narrating each step aloud as he runs it. The narration slows the shot down enough that errors become visible to the leader and to the saint himself.
3. Correct one element at a time. Stance first — feet shoulder-width, body square. Then anchor — string to one fixed point at the corner of the mouth, every shot. Then release — relax the fingers, do not pluck the string outward. A small form error repeats with every arrow until it is corrected; working two errors at once usually fixes neither.
4. Run two or three more ends. Saints rotate between the line and the waiting line on the whistle. Leader notes each saint's one current correction on the scorecard margin for the scored session.
5. Before the scored session, each youth states aloud his one form element to hold steady — "keep the bow shoulder down," "hold the anchor through the release." That is the cue he will repeat to himself between shots.

BY TIER

- ENTRY** Shoot the closer distance the range officer sets for new saints. Focus on the first three steps — stance, nock, and set — before worrying about score.
- ESTABLISHED** Shoot the standard distance. Hold one specific form correction across every end of the scored session.
- MENTOR** Shoot the standard distance. Coach one entry-tier saint between ends — watch his stance and anchor and give one short correction, no piling on.

REQ 3A

BLOCK 4 · PHYSICAL The supervised scored session

⌚ 18 min

1. Range officer takes the line. From this block on, all movement is on the whistle — no exceptions. Bows stay at the shooting line during retrieval.
2. Shoot ends of three or six arrows depending on the distance and the bow type. Between ends, three blasts, walk forward, retrieve, return, wait. Score is recorded on the scorecard at the waiting line, not on the line itself.
3. Each youth runs the same shot every time: the eight steps in order, the same anchor, the same release. Accuracy is a product of repetition — aiming harder does not work.
4. Watch for rule slippage as fatigue sets in. Late in the session is when a saint nocks before the call, talks on the line, or skips an inspection. Stop the line if it happens, even when it costs an end.
5. Range officer confirms each saint's scored session was completed safely and correctly — controlled accuracy and rule compliance, not the highest score on the card.

REQ 3C

SESSION 3 · FORM, STRINGING, AND THE SCORED SESSION (PAGE 4 OF 4)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Score and next correction**

⌚ 5 min

1. Each youth reads his score aloud and names the one form correction he is taking into next month's practice. One line, no excuses, no comparing.
2. Confirm on each saint's BRC: 3a, 3b, and 3c marked this session. Step 3 completes at the line. The leader signs only if the saint shot the scored session safely and ran the eight steps in order.
3. Pack out — bows unstrung if the rule of the range is unstrung storage, arrows counted, gear back in cases. Next week is the reflection session — bring your scorecard.

AT THE CLOSE · DEBRIEF

1. Which of the eight form steps gave you the most trouble on the line tonight?
2. Where in the scored session did you feel a rule slip — a rushed nock, a talk on the line, a skipped inspection?
3. What is the one form correction you are taking into the next month of practice?

☑ *Initial 3a, 3b, and 3c on each saint's BRC after the scored session — these are earned at the line under range-officer discipline. Sign only on saints who shot safely and ran the steps in order; a high score does not substitute for either.*

SESSION 4 · INTELLECTUAL CORE

🕒 60 min target

Reflect and carry the discipline home

Practice the self-control archery asks for in other places it costs you.

SESSION AIM

The reflection session after the range. Saints connect patience and rule-following to safety and accuracy, name where archery's self-control transfers to other parts of life and faith, and walk the BRC with the leader for final sign-off. They leave with one carry-over commitment in writing.

🎯 WALK AWAY WITH

- Has named a specific shot or moment where impatience hurt accuracy or safety
- Has connected archery's self-control to one specific area outside the range
- Has one carry-over commitment written down for the next month
- Has a signed BRC

📦 BRING / SET UP

- Each saint brings: his scorecard from Session 3, his Shooting-Form-Steps card, and his BRC
- Half-sheets of paper and pens (one per saint for the carry-over commitment)
- An open Bible — Proverbs 25:28 and James 1:19–20 bookmarked
- BRC printouts and pens for final sign-off

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — One shot you remember**

🕒 5 min

Go around the room. Each youth names one shot or one moment from Session 3 — a shot that went where he meant it to, a shot that did not, a moment he caught himself rushing. One line each, no commentary. The opener sets up the reflection blocks where saints will name where patience helped and where it failed.

SESSION 4 · REFLECT AND CARRY THE DISCIPLINE HOME (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · REFLECTION **Where patience changed the shot**

⌚ 18 min

1. Pair up with a saint who was on a different end at Session 3. Six minutes each — one talks, the other listens. No advice. Each youth describes a specific shot where impatience hurt him: a rushed release, a moved anchor, a nock he did not check before drawing.
2. Switch and repeat for six minutes. The listening saint says back one thing he heard, no commentary or fix.
3. Range rules protect both the shooter and the saints behind the line. A saint who rushes a shot is not just losing accuracy — he is the saint most likely to forget the whistle, to step forward on the wrong call, to make the kind of mistake the four-blast emergency exists for.
4. Each youth writes in his BRC margin: 'My worst rushed shot was ____, and what would have changed it was ____.' Specific enough to read in a month and remember.

REQ 4A

BLOCK 3 · CREATIVE **Carry the self-control to one other place**

⌚ 18 min

1. Briefly: read Proverbs 25:28 aloud. "He that hath no rule over his own spirit is like a city that is broken down, and without walls." Read James 1:19–20 aloud — slow to speak, slow to wrath. The connection to archery is the point of these verses tonight, not a fuller exposition.
2. Each youth names one specific area outside archery where the same self-control would help — keeping his temper with a younger sibling, holding back a comment in a class, sticking with a hard homework problem instead of guessing. The example has to be specific, not 'be a better person.'
3. Obedience to the range officer is practice for obedience to other authority — a parent, a teacher, a quorum leader. The same self-control that keeps a saint behind the line carries over to those places.
4. Each youth picks one carry-over commitment and writes it on a half-sheet: the area, the specific behavior, and the next time he will face it. Fold and keep in the BRC. He brings it back in one month to show the leader.

REQ 4B

BLOCK 4 · DISCUSSION **BRC walk and sign-off**

⌚ 14 min

1. Walk the BRC with each saint one at a time. Step 1 marked in Session 1, Step 2 in Session 2, Step 3 at the line in Session 3. Confirm each requirement was earned; note anything outstanding with a concrete deadline.
2. For 4a and 4b, confirm against the written entries in the BRC margin and the carry-over half-sheet — both are part of the requirement, not just the conversation.
3. Leader and saint each sign the BRC. The saint takes the BRC and the carry-over half-sheet home.
4. Leader gives each saint one short, specific note by name: one thing he did at the range that earned this badge. Specific — not 'good job.'

SESSION 4 · REFLECT AND CARRY THE DISCIPLINE HOME (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — One month out**

⌚ 5 min

1. Each youth reads his carry-over commitment aloud once. The group does not respond. Hearing it spoken makes it harder to drop in a week.
2. Set a calendar date one month from tonight. Each saint will bring the half-sheet back and show the leader what came of it — not a full report, just whether the commitment held or where it failed.
3. Close by naming what the badge has been training: running the same shot every time, the same way each session. Tell the group the same steady repetition is what makes any other skill stick too.

AT THE CLOSE · DEBRIEF

1. What is the rushed shot you wrote down, and what would have changed it?
2. What area outside archery did you pick for your carry-over, and what is the next moment you will face it?
3. Which one of the eight form steps still needs the most work the next time you are on the line?

☑ *Initial 4a and 4b on each saint's BRC after Blocks 2 and 3. With Steps 1, 2, and 3 already marked, the BRC fully signs off tonight. Note the calendar date one month out when the carry-over half-sheets are due back.*

HANDOUT 1 OF 2

FROM SESSION 1 — WALK THE RANGE, CALL THE COMMANDS

Range Commands and Retrieval

Carry on the range until the calls are habit. The four-blast emergency call overrides every other command.

ARCHERY · FIELD CARD

Obey the whistle before everything else.

The four commands and the retrieval cadence — carry this on the range until the calls are habit.

1 WHISTLE COMMANDS

memorize and call them aloud

TWO BLASTS

Archers to the shooting line.

Step up. Stand astride the line. Do not nock yet.

ONE BLAST

You may nock and shoot.

Nock one arrow at a time. Aim only downrange. Shoot when ready.

THREE BLASTS

Walk forward and retrieve arrows.

Bows stay at the line. Walk, do not run. Watch the ground for dropped arrows.

FOUR OR MORE BLASTS

Emergency — cease fire immediately.

Stop the draw. Unnock the arrow. Lower the bow. Step back from the line and wait.

Four blasts overrides every other call. Whoever sees the hazard may call it.

2 LINE DISCIPLINE

Waiting line — stand behind it until the call to the shooting line.

Shooting line — feet astride, body square downrange, arrow nocked only on one blast.

A dropped arrow stays dropped — finish your end, then pick it up on the retrieval walk.

No talking on the line that does not concern the shot in front of you.

Range officer's call ends every discussion. No appeal during live shooting.

3 RETRIEVAL CADENCE

in this order, every end

- 1 Wait for three blasts. Bows stay at the line. Walk forward together.
- 2 Scan the ground as you walk. Pick up any arrow short of the target.
- 3 At the target, stand to the side — never directly behind another archer pulling.
- 4 Brace one hand on the target face. Pull straight back along the shaft, slow and even.
- 5 Carry arrows point-down with the fletching up. Never run with arrows in hand.
- 6 Return to the waiting line. Set arrows in the quiver. Wait for the next two-blast call.

Call the command aloud before you act on it so the whole line hears the same thing.

Print this handout for in-person reference during session 1 — walk the range, call the commands.

HANDOUT 2 OF 2

FROM SESSION 3 — RUN THE EIGHT STEPS OF SHOOTING

Shooting Form Steps

Narrate each step on the line until the cue is automatic. Carry into the scored session.

ARCHERY · FIELD CARD

Run the steps in order, every shot.

A small error repeats with every arrow. Correct one step at a time, not the whole shot at once.

1 THE EIGHT STEPS OF SHOOTING

narrate each step on the line

1 STANCE

Feet shoulder-width, astride the line.

Common error — body twisted off the target.

2 NOCK

Snap the nock on. Index vane points out.

Common error — nock on backward, vane in.

3 SET

Three fingers on the string — tab or glove on.

Common error — bare fingers, pinched nock.

4 PRE-DRAW

Bow arm up. Wrist relaxed. Shoulder down.

Common error — bow shoulder hiked up.

5 DRAW

Pull with the back, not the arm. String to face.

Common error — arm-only draw, no back tension.

6 ANCHOR

String to one fixed point — corner of mouth.

Common error — anchor moves shot to shot.

7 AIM

Settle the sight. Hold steady — do not chase.

Common error — long hold, then a rushed release.

8 RELEASE

Relax the fingers. The string leaves on its own.

Common error — plucking the string outward.

9 FOLLOW-THROUGH

Hold the position until the arrow hits the target. Do not look away early.

The follow-through is part of the shot — drop it and the release suffers.

2 CORRECT ONE THING AT A TIME

Fix stance first. Then anchor. Then release.

A small form error repeats with every shot until it is corrected.

Working two errors at once usually fixes neither.

Watch the bow shoulder and the draw elbow — most beginners shoot with a hiked shoulder and a low elbow without knowing it.

Narrate the step you are on out loud until the cue becomes automatic.

3 BEFORE EVERY END

Inspect the arrow. No cracks in the shaft, no missing fletching, nock seated firm.

Tab or glove on, arm guard fastened, quiver clear of the bow arm.

Square to the target. Reset stance before the first nock of the end.

Repeat the same shot, in the same order, until the steps are habit and the group is consistent.

Print this handout for in-person reference during session 3 — run the eight steps of shooting.